

Good morning Ms Cheng, teachers and students,

We are now at the beginning of the school year. Let's start this morning with a short activity to see how our classmates feel at this moment. The instruction is simple. If you feel motivated or determined to start this year fresh, nod your head, and if you feel worried or unprepared, shake your head. No matter what your answer is, I'm sure September is the perfect month to make positive changes to your learning style and beliefs. As you reflect from last year, you would definitely find something you can work on. For example, you might want to start revision earlier, sleep earlier, and eat healthier, because you believe that by doing so would make you a better person. And this is why reflection is very important, as it motivates you to find ways to improve yourself. So you may wonder and say "I've been reflecting for the whole time, but I don't see any improvement". How can I make real progress?"

Actually, many psychologists in education have the same wonder as you do. So they have conducted many research to investigate the true key to make improvement. And it seems that your perception and beliefs play an important role.

We all know what IQ is but little do we know IQ can only measure reasoning ability but it's not reliable to measure one's potential and the capability of the brain. Psychologists have done an experiment on two groups of students of similar IQ. Group A was taught that their intelligence level was fixed. Their ability was limited.

On the other hand, group B was taught that their ability was forever growing that they could go beyond limits. They could always be smarter than yesterday. When these two groups of students were given the same test, it was found that group B students with a growth mindset performed much better than group A with a fixed mindset. So it seems that our true ability actually lies in the belief on our ability. If we believe that we can always do better and actively make improvements, we will perform better.

So dear students, if you feel unconfident, try to develop a growth mindset and believe that there is no ceiling to how high you can achieve. Your life can be filled with wonder!

Last but not least, I wish you all a fruitful and wondrous year! Thank you.